

Idaho Fish Consumption Advisory Program

Any fish, even store-bought fish, can contain contaminants such as mercury that can harm human health. You can't see, smell or taste the mercury or other contaminants in fish. That's why it's important to know which fish are safer than others to eat. The Idaho Fish Consumption Advisory Program (IFCAP), created in 2001, informs Idahoans about possible contamination of lakes and rivers and other water bodies—contamination that may affect fish and the humans who eat the fish. By testing fish tissue samples for contaminants, IFCAP is able to advise the public about safe consumption of fish from Idaho water bodies. When contaminant levels are unsafe, IFCAP may recommend that people limit or avoid eating certain species of fish caught in certain places. IFCAP does this by issuing a **Fish Advisory**.

What does a Fish Advisory mean to me?

A fish advisory means that you should be aware of the **amount** of certain types of fish you should eat. A fish advisory doesn't mean that you should stop fishing in a favorite lake or river. Idaho fish are an excellent source of good nutrition. We encourage you to keep fishing and continue enjoying healthy meals.

[Idaho's Fish Consumption Advisory Map](#) Click here to view an interactive map that shows where advisories in Idaho have been issued and which fish are affected.



Other Sources of Information

[Idaho Fish Consumption Advisory for Selected Idaho Waters: Safe Fish Eating Guidelines \(pdf\)](#) – a list of the state's water bodies and restrictions about eating types of fish found there.

[Frequently Asked Questions about Safe Eating of Fish \(pdf\)](#)

[Mercury in Idaho's Sport Fish \(pdf\)](#)

[El Pescado, el Mercurio y su Salud \(pdf\)](#)

[Health Effects of Selenium \(pdf\)](#) – a fact sheet about selenium, a mineral found in soil, which is harmful to humans and animals when eaten in amounts much higher than the amounts needed for good nutrition.

[Arsenic Fact Sheet \(pdf\)](#) – a guide to help prevent or reduce your exposure to arsenic.

[National Methylmercury Brochure \(pdf\)](#) – information from the U.S. Food and Drug Administration and the EPA that describes what you need to know about mercury in fish and shellfish.

External Links

Center for Food Safety and Applied Nutrition

Idaho Department of Environmental Quality

Idaho Fish and Game

U.S. Geological Survey, Water Resources Division